

### **Abstract of the Disclosure**

A valve for controlling flow of a fluid includes a valve body defining at least in part an inlet, an outlet, at least one chamber, and an orifice in communication with the chamber. A valve member is received at least in part in one chamber for reciprocation or rotation between an open position permitting fluid flow through the inlet and into the outlet, and a closed position at least substantially restricting fluid flow through the outlet. In the reciprocating version the movement of the spool toward its open position causes fluid in the chamber to be displaced out of the cavity through the at least one orifice. In one exemplary embodiment, a fuel system includes a valve between a primary fuel pump and a secondary fuel pump driven by a portion of the output of pressurized fuel from the primary fuel pump.